



Kingsport Senior Center News

November 2014

Volume XXII Edition 11

1200 East Center Street

Kingsport, Tennessee 37660

Wii Bowling Celebration

Friday, November 7, 2014

Multipurpose Room

1:30-3:00p.m.

FREE

Come and meet the Kingsport Senior Center's "Up Your Alley" Wii bowling teams. Help us celebrate their outstanding season of bowling! All 3 teams are Nationally ranked and they have even traveled to Dallas to compete against other teams. You will also have an opportunity to learn how to play and also challenge the teams to a game! Come find out what Wii Bowling is all about!

*Pizza, Wings, Dessert and Drinks
will be served.*

**Sign up now!
Must sign up by
November 4.**

Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments,, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

The Kingsport Senior Center is located at 1200 E. Center Street at the Renaissance Center. For more information call the Center at (423) 392-8400 <http://seniors.kingsporttn.gov>

Center Hours

**Monday thru Friday 8:00am ~ 7:00pm
Saturday 9:00am ~ Noon**

**Lynn View Senior Center Branch Site
257 Walker Street
Kingsport, TN 37665
(423) 765-9047**

***NEW* Hours: 9am to 2pm - Monday-Wednesday
Closed: Thursday and Friday
(See Branch Site Page for more information)**

***The Exercise Room and Computer Lab will close
15 minutes prior to the closing of the Center.**

**Membership Dues
For Fiscal Year
July 1, 2014-June 30, 2015**

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Must be at least 50 years of age to join.

"The Fun Begins at 50!"

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
shirleybuchanan@kingsporttn.gov
392-8403

Branch Coordinator ~ Cindy Price
cindyprice@kingsporttn.gov
392-8402

Lori Calhoun ~ Secretary
loricalhoun@kingsporttn.gov
392-8400 **FAX 224-2488**

Program Leader ~ Michelle Tolbert
michelletolbert@kingsporttn.gov
392-8404

Wellness Coordinator ~ Kevin Lytle
kevinlytle@kingsporttn.gov
392-8407

Program Leader ~ Marlana Williams
marlanawilliams@kingsporttn.gov
392-8405

Program Assistant ~ Jane Whitson
janewhitson@kingsporttn.gov
392-8406

Program Assistant ~ Amber Quillen
amberquillen@kingsporttn.gov
343-9713

Nutrition Site Manager ~ Rosana Thacker
246-8060

WELLNESS

WELLNESS SEMINARS

Medicare 101: Andrew Price with Mackie Financial Group will be at the Center on **Tuesday, November 4, 2014** at 12:30 pm in the Card Room. Topic of discussion will be “Medicare 101 and How It’s Changing for 2015”: This seminar will provide you with valuable information about the up coming changes to Medicare. This is an event you will not want to miss, so mark your calendar and plan to attend!

How to Control High Blood Pressure: Cathy Walker with Smoky Mountain Home Health and Hospice will be at the Center on **Thursday, November 6, 2014** at 12:30 pm in the Card Room. Topic of discussion will be “How to Control High Blood Pressure”: You will be provided some valuable information on different ways to control your blood pressure. Also blood pressure checks will be offered. All members are invited to attend.

Untreated Hearing Loss: Dr. Carol R. Runyan, AuD, Audiology Field Staff TN/VA will be at the Senior Center on **Thursday, November 13, 2014** in the multi-purpose room from 10:00 am to 2:00 pm. Dr. Runyan will be doing free hearing test for any member interested in getting their hearing tested stop by the office and sign up for an appointment.

Health Insurance: Andrew Price with Mackie Financial Group will be at the Center on **Tuesday, November 18, 2014** at 12:30 pm in the Card Room. Topic of discussion will be “Health Insurance for 64 and Younger, Figuring Out What to do With the Affordable Care Act”: This seminar will provide you with valuable information about health insurance. This is an event you will not want to miss, so mark your calendar and plan to attend!

Veteran to Veteran Volunteers: Kim Smith, Volunteer Coordinator and Patricia York, Veterans Specialist with Wellmont Hospice will be at the Center on **Tuesday, December 2, 2014** at 12:30 pm in the Card Room. Topic of discussion will be “Veteran to Veteran Volunteers”: Wellmont Hospice has joined We Honor Veterans, a program of the National Hospice and Palliative Care Organization and the Department of Veteran Affairs, to empower hospice professionals to meet the unique needs of dying Veterans.

Volunteer Benefits:

- *Free Training
 - *Flexible Hours
 - *Free Annual Flu Shot
 - *Volunteer Support
 - *Ongoing education related to end of life and Veteran issues
 - *Volunteer Appreciation Events
 - *Recognition or our Veteran Volunteers
- All members are invited to attend.

Woodshop Safety Class

Woodshop safety class is held every 1st Monday of the month in the Woodshop at 9:00 am, sign up in the office.

Mountain States Mobile Health

Mountain States Mobile Health will be at the Senior Center on **Tuesday, December 9, 2014** from 7:00 am to 4:00 pm in the front parking lot for Cardiovascular Assessment. Cost is \$89.00 (Cash, Check, Credit, HAS, MSHA team member payroll deduction). The assessment includes:

- 1. LIPIDS (Total cholesterol, HDL, LDL, Triglycerides) and GLUCOSE readings. (fingerstick)**
- 2. BIOMETRICS - Height, weight, waist and blood pressure measurements.**
- 3. CARDIOVASCULAR ASSESSMENT**
 - * Carotid Artery Scan
 - * Aorta Scan
 - * Ankle Brachial Index Measurements
- 4. SLEEP DISORDER QUESTIONNAIRE** - The STOP BANG questionnaire consists of eight questions to determine the risk of sleep apnea.

STOP BY THE OFFICE AND SIGN UP OR CALL 1-855-673-3376 TO SCHEDULE YOUR ASSESSMENT

How to Control Diabetes

Cathy Walker with Smoky Mountain Home Health and Hospice will be at the Center on **Tuesday, December 16, 2014** at 12:30 pm in the Card Room. Topic of discussion will be “How to Control Diabetes”: You will be provided some valuable information on the different ways to control your diabetes. Also blood pressure checks will be offered. All members are invited to attend.

STEPPING ON

Stepping On is a program that has been researched and proven to reduce falls in older people. It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by a health professional and a peer leader-someone who, just like you, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety, and medications.

Topics include: *Simple and fun balance and strength training *The role vision plays in keeping your balance *How medications can contribute to falls *Ways to keep from falling when out in your community *What to look for in safe footwear *How to eliminate falls hazards from your home.

Is this workshop for you? Stepping On is designed specifically for anyone who: *Is 65 or *Has had a fall in the past year *Is fearful of falling *Lives at home *Does not have dementia.

Did you know? *More than one-third of people age 65 or older fall each year *Falls are the leading cause of injury and hospitalization for trauma and death among older adults *35% of people who fall become less active *40% of people who enter a nursing home had a fall in the prior 30 days. This workshop be every **Wednesday, 10:00 am to 12:00 pm, January 14, 2015 to February 25, 2015.** The workshop is sponsor by Holston Valley Medical Center, Acute Care Surgery services / Trauma. Sign ups start on Friday, November 14, 2014.

Daily Activities and Classes at the Center

Monday

Lap Swimming ~ 9:00~Aquatics Center
SilverSneakers Classic~ 8:15 ~ Gym
Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)
Open Woodshop ~ 9:00
Quilting ~ 9:00 ~ Room 303
High Impact Aerobics ~ 9:15 ~ Gym
Camera Club ~ Go to www.scphotogroup.com
Happy Day Singers ~ 9:45
Clay, Beginning Hand building / Wheel Demonstration ~ 10:00 ~ Clay/Ceramic Studio
Strength Training ~ 10:15 ~ Gym
Knitting ~ 1:00 ~ Room 303
Table Tennis ~ 1:00 ~ Gym
Volleyball ~ 4:00 ~ Gym

Tuesday

Lap Swimming ~ 9:00~Aquatics Center
Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)
Zumba Fitness ~ 8:15 a.m.
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Room
Strength Training ~ 9:30 ~ Gym
Basket weaving ~ 10:00 ~ Room 303
Renaissance Strings ~ 10:00 ~ Atrium
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Beginning Dulcimer ~ 11:00 ~ Atrium
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Basketball ~ 4:00 ~ Gym
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday

Lap Swimming ~ 9:00~Aquatics Center
SilverSneakers Classic~ 8:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Open Woodshop ~ 9:00
High Impact Aerobics ~ 9:15 ~ Gym
Clay, Intermediate / Advanced ~ 10:00 ~ Clay/Ceramic Studio
Strength Training ~ 10:15 ~ Gym
Intermediate Clogging ~ 11:15 ~ Room 302
Hand and Foot Card Game ~ 12:30 ~ Card Room
Belly Dancing ~ 1:00 ~ Room 302
Table Tennis ~ 1:00 ~ Gym

Thursday

Lap Swimming ~ 9:00~Aquatics Center
Zumba Fitness ~ 8:15 a.m.
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Strength Training ~ 9:30 ~ Gym
Beginning Clogging ~ 10:00 ~ Room 302
Exercise for Everybody ~ 10:30 ~ Gym
Intermediate Dulcimer ~ 11:00 ~ Atrium
Beginning Belly Dance ~ 11:30 ~ Room 302
Jam Session ~ 12:30 ~ Cafeteria
Volleyball ~ 1:00~ Gym
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Piano lessons ~2:00 ~ Multipurpose room (appointment only)
Pickleball ~ 4:00 ~ Gym

Friday

Lap Swimming ~ 9:00~Aquatics Center
SilversSneakers Classic~ 8:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Open Woodshop ~ 9:00
High Impact Aerobics ~ 9:15 ~ Gym
Strength Training ~ 10:15 ~ Gym
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 ~ Card Room
Mahjong ~ 1:30 ~ Multipurpose Room

Saturday

Basketball ~ 9:00 ~ Gym
Table Tennis ~ 10:30 ~ Gym
Exercise Room ~ 9:00-12Noon

KSC Closing:

The Senior Center will be closed
Thursday, November 27-Saturday,
November 29 for Thanksgiving
Holiday.

TRAVEL AND SPECIAL EVENTS	
<p>Veteran’s Day Celebration– <u>Tuesday, November 11, 2014</u>– Cafeteria– 1:00p.m.-2:00p.m.– Free– Sign up now!</p> <p>Game Day-“Ticket to Ride”-<u>Monday, November 17, 2014</u>– Card Room– 12:30p.m.-2:00p.m.– FREE– Sign up now!</p> <p>East Tennessee Quilts Tour & Lecture at ETSU Reese Museum and “Weather of 7000 years ago” at Gray Fossil Site– <u>Wednesday, November 19, 2014</u>– 9:00a.m-4:30p.m.– Lunch on your own at Bonefish Grill– Cost: \$5.00– Bring money day of trip for entry fees. Sign up now!</p> <p>Thanksgiving Lunch-<u>Tuesday, November 25, 2014</u>-Gym– 11:30a.m.-1:00p.m.– Cost: Bring a side dish– Music by Harry and JanRose Hall- Sign up now!</p> <p>Christmas Tree Decorating– <u>Monday, December 1, 2014</u>– Atrium– 1:00p.m.-3:00p.m.– Come help us decorate the Senior Center Christmas Tree! Refreshments provided- Sign up begins November 3.</p> <p>Craft Day-<u>Wednesday, December 10, 2014</u>– Room 303– 10:00a.m.-11:30a.m.– FREE– Socialize and enjoy the fun while making different crafts– Sign up begins November 3.</p> <p>Christmas Desserts /Music– Friday, December 19, 2014– Cafeteria– 12:30p.m.-2:00p.m.– Cost: Bring a favorite dessert to share– Music by: Mark Larkins– Sign up begins November 19.</p>	<p><u>Beginning Drawing</u></p> <p>Friday, November 21, 2014 Room 303 1:00p.m.-4:00p.m. Cost: \$20.00 paid to instructor Instructor: Anne Thwaites Minimum of one participant required for class to go Learn how to draw with basic drawing exercises. Sign up now!</p> <p><u>Bob Ross Style Painting</u></p> <p>Wednesday, November 19, 2014 10:00a.m.-12:00p.m. Room 303 Cost: \$50.00 paid to instructor Jay Holdway See example in display case. Bring your lunch.</p> <p>Sign up now!</p> <p><u>Cooking with Tracy</u></p> <p>Monday, November 10, 2014 Lounge 11:00a.m.-12:30p.m. Cost: \$2.00</p> <p>Sign up begins November 3.</p>

TRAVEL AND SPECIAL EVENTS

Barter Theater Presents:
"Holiday Memories"

Thursday, December 4, 2014
10:30a.m.-6:00p.m.

Abingdon, VA

Cost: \$32.00 plus lunch on your own

Lunch at Red Lobster

Imagine a morning in late November. A coming of winter mornings many years ago..." as we enter into the memories of Truman Capot's boyhood, when he was sent to live with distant relatives in Alabama. His best friend is eccentric 67-year old Miss Sook, who has never left the country, seen a movie, or told a lie. Capote's autobiographical stories "The Thanksgiving Dinner" and "A Christmas Memory" have delighted readers for generations, and now they're brought to life on stage just in time for the holiday season.

Sign up begins November 5.

Knoxville Christmas Train Ride
and Lunch at P.F.Changs

Friday, December 12, 2014
Knoxville, TN

7:30a.m.-4:30p.m.

Cost: \$28.50 for train ride and
Transportation

Lunch on your own

Visit www.threeriversrambler.com for
more info on train ride.
There are 4 steep stairs to get onto train.
Only 40 spots available.

Sign up begins November 5.

OTLB: Mama's Farmhouse and
Russell Stover's Candy

Tuesday, December 16, 2014
Pigeon Forge, TN

9:30a.m.-4:30p.m.

Cost: 21.50 for lunch and travel

Family style lunch includes: Soup or salad, biscuits, fried chicken, turkey n stuffing, choice of 5: mashed potatoes, chicken and dumplings, green bean casserole, roasted corn on the cob, macaroni and cheese, broccoli casserole, sweet potato casserole or fried okra.

Sign up begins November 5.

Trip to the Blackbird Bakery
(For Christmas goodies of course!)

Tuesday, December 23, 2014
Bristol, TN

8:30a.m.-12noon

Cost: \$8.00 for transportation

Why bake for Christmas? Pick something up at the Blackbird bakery!

Sign up begins November 11.

Your Page

From the Dancing Corner

The November dance, sponsored by Friends of the Kingsport Senior Center, will feature SHOOTER band on Friday evening, November 14, 2014. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$5.00 per person.

SHOOTER is a four piece band from the East Tennessee Tri-Cities area. SHOOTER takes pride in it's rich 3 part harmonies on every song and play a hot mix of Classic Country and Classic Rock as well as some of their own original material.

The Perry brothers, Keith Oliver and Ken Dugger, have a long history together. They played together in high school as in the well known local band, Southern Harvest. Previously known as Old Dogs-New Tricks, they have played in venues all over the Tri-Cities area and 3

other states and have a very dedicated following. Just recently, SHOOTER filmed at The Paramount center, for the TV show, "Bristol's Big Room".

Each member of SHOOTER is a seasoned musicians and each one has at least 30 years of experience. Members of SHOOTER are; Ken Dugger (Rhythm Guitar and Vocals); Keith Oliver (Drums); Frank Perry (Bass and Vocals); and Wes Perry (Lead Guitar and Vocals).

From SHOOTER: "Are you tired of hearing the music and not hearing the lyrics? With Shooter, you'll hear all of the song, the way it was meant to be heard. We know you will enjoy not just the music, but, you'll end up singing along, because these are songs we all have grown up listening to and you'll be heading for the dance floor. Our focus has always been to see that the message of the song comes through, so, the vocals are our feature and the music is as it should be, to present the songs. We offer some of the best three part harmonies you'll hear this side of Nashville."



Massage Therapy

Mondays and Tuesdays
9:00a.m.-3:00p.m. with Barbara Keesecker
call 423 - 735-7475
30 minute massage
Cost: \$20.00
Call to schedule appointment

Learn the Creative Art of Woodburning

Saturday, November 8 and
Saturday, November 15
9:00a.m.-11:30a.m.
Room 303
Cost: \$50.00 for both classes
Instructor: Michelle Howe

See example in display case located on billiard side hallway

Please sign up by November 5.

Art Show Winners!

The annual art show was on view, for the month of October, and the winners are....
1st place: "The Shrouds", Rosie Lewis
2nd place: "Somewhere in France", Rita Deason
3rd place: "Kacey", Michele Howe

Congratulate these artists on sharing their wonderful talents this year!

Kingsport Senior Center Advisory Council Members:

Bruce Shine (Chairman)	
Bob Winstead(Secretary)	
Jean Chang	Norma Livesay
Carmon Moix	Lester Pridemore
Don Royston	Carol Woodard

NEWS TO USE	
<p><u>Food Drive:</u> <u>Second Harvest Food Bank of NorthEast Tennessee</u></p> <p>Food barrels will be placed in front hallway of the Senior Center during the months of November, December and January.</p>	<p><u>Recipe of the Month</u></p> <p><u>Olivia’s Butter Milk Pie</u></p> <p>Ingredients:</p> <p>1/3 cup butter 1/2 cup biscuit mix 1 cup buttermilk 1 1/2 cups sugar 1 teaspoon pure vanilla extract 3 eggs</p> <p>Directions:</p> <p>Preheat oven to 350°. Grease a 9-inch pie pan. Put all ingredients in a bowl and blend for 1 minute with a handheld electric mixer. Pour mixture into prepared pan. Bake for about 50 minutes or until a toothpick inserted in the center comes out clean. Cool for 5 minutes.</p> <p>Serves 6-8 people</p>
<p><u>“S.M.I.L.E” Volunteer Meeting</u></p> <p>Thursday, November 13, 2014 Room 239 2:00p.m.-3:00p.m.</p> <p>This meeting will be held every second Thursday of each month.</p>	
<p><u>Be A Santa to a Senior</u></p> <p>November 1st-December 6th</p> <p>Senior Center Tree located in front of office. Sponsored by: Home Instead</p> <p>Find a name on the tree and bring gift into front office of the Senior Center. There will be no wrapping party this year.</p>	

Computer Class Schedule

PowerPoint: Tuesdays Nov. 4, 11, 18, 25 at 1:00p.m. Cost: \$25.

Iphone classes: Saturday, Nov. 8,15,20 from 9:30a.m-11:30a.m. Cost: \$10.00 per person, per class to instructor. Instructor: Jamie Cyphers. Bring your iphone to class. Sign up now!

Medicare Part D Enrollment Event– S.H.I.P

November 13th and 18th
Computer Lab
9:00a.m.-12noon
45 minute time slots available

Make an appointment in the front office beginning on Oct. 3.

Jewelry Made from Roses/ Greenery

Wednesday, November 12, 2014
Room 303
9:00a.m.-11:00a.m.
\$6.00, paid to instructor day of class

Precious memories. Your flowers from a wedding, anniversary, funeral or other occasions can be made into a lasting keepsake. Hold memories of that special day or that special person in your heart forever. Have a bracelet, pin or necklace made. Clay will be provided. Bring in flowers and jewelry
Contact the front office for more information.

Sign up now!

Manicures

Tuesday, December 9, 2014
Multipurpose Room
11:30a.m.-2:00p.m.
Cost: \$2.00

Dobyns-Bennett cosmetology students

Sign up begins November 7.

**KARAOKE:
Tuesday, November 18, 2014**



SMILE: Volunteers Wanted

- (See Michelle if interested)
- Library Book Day
 - Volunteer Instructors
 - Welcome Center: Tour guides/Greeters for Center
 - Exercise Room
 - Entertainment
 - Program Liaison
 - Computer Lab
 - Nutritional Assistant

Attend SMILE meeting- Thursday, November 13th at 2:00 in Room 239.

**Library Book Day
Thursday, November 20, 2014**

Fall Session Classes 2014		
<p>Classes begin week of August 25, 2014—week of November 17, 2014, unless otherwise noted.</p> <p>Aerobics</p> <ul style="list-style-type: none"> Monday, Wednesday, Friday (ongoing) Time: 9:15am - 10:00am Location: Gym Instructor: Terri Farthing Lo-hi Impact Aerobics <p>Ballroom Video Class</p> <ul style="list-style-type: none"> Tuesday Time: 4:30pm - 6:00pm Room 302 <p>No instructor, practice on own</p> <p>Basket weaving</p> <ul style="list-style-type: none"> Tuesday Time: 9:00am-12:30pm Location: Room 303 Instructor: Lynne Bowers 	<p>Belly Dance for Beginners (Women Only)</p> <ul style="list-style-type: none"> Thursday Time: 11:30am-12:30pm Location: Room 302 Instructor: Angela Price <p>Belly Dancing - (Women Only)</p> <ul style="list-style-type: none"> Wednesday Time: 1:00pm Location: Room 302 Instructor: Angela Price Great for your abdominals <p>Camera Club</p> <p>Please visit website for meeting times. Instructor: Claude Kelly Website: www.scphotogroup.com</p> <p>Ceramics</p> <ul style="list-style-type: none"> Tuesday and Thursday Time: 9:00am - 11:00am Location: Ceramic/Clay Studio Instructor: Mary Lamson Please remember your annual \$10 firing fee <p>Clay (Beginning Hand building / Wheel Demonstration)</p> <ul style="list-style-type: none"> <u>Monday Beginning Aug 25 - Nov 17, 2014</u> <u>Sign up starts August 11th</u> Time: 10:00am-3:00pm Location: Ceramic Room Instructor: Aleta Chandler Fee: \$30.00, plus \$10.00 firing fee Pay at signup; no refunds Class will include un-instructed lab time on Tuesdays (Aug 26– Nov 25, 2014) from 1-3 p.m. This lab time will be used for practice. 	<p>Clay (Intermediate Hand building)</p> <ul style="list-style-type: none"> <u>Wednesday beginning Aug 27 – Nov 20, 2014</u> <u>Sign up starts August 11th</u> Time: 10:00am-3:00pm Location: Ceramic Room Instructor: Aleta Chandler Fee: \$30.00, plus \$10.00 firing fee Pre-requisite must have taken beginning hand building. <p>Clogging - (Beginning)</p> <ul style="list-style-type: none"> Thursday Time: 10:00am-11:30am Location: Room 302 Instructor: Angela Price Must have 8 new beginners Sign up in office <p>Clogging - (Intermediate)</p> <ul style="list-style-type: none"> Wednesday Time: 11:15am Location: Room 302 Instructor: Angela Price <p>Dulcimer (Beginners)</p> <ul style="list-style-type: none"> Tuesday Time: 11:00am Location: Atrium Instructor: Sharon McCurry Learn to play this beautiful Instrument <p>Intermediate Dulcimer</p> <ul style="list-style-type: none"> Thursday Time: 11:00am Location: Atrium Instructor: Mark Farmer <p>Exercise for Everybody</p> <ul style="list-style-type: none"> Tuesday & Thursday Time: 10:30am Location: Gym Instructor: Kevin Lytle

Fall Session Classes 2014		
<p>Happy Day Singers</p> <ul style="list-style-type: none"> Monday Time: 9:45am Inspirational singing at nursing homes <p>Any member wanting to participate meet outside the senior center office each Monday at 9:00 a.m. we travel by bus to the location where we are scheduled to sing.</p> <p>Jam Session</p> <ul style="list-style-type: none"> Thursday Time: 12:30 noon Location: Cafeteria Bring your instrument and play with the group, dance or just enjoy the music! <p>Karaoke</p> <ul style="list-style-type: none"> 3rd Tuesday each month Time: 4:00pm Location: Cafeteria Bring a snack <p>Knitting Class</p> <ul style="list-style-type: none"> Monday Time: 1:00 - 3:00pm Location: Room 303 Instructor: Barbara White All skill levels <p>Lap Swimming</p> <ul style="list-style-type: none"> M-F Time: 8:00am-11:00am Location: Aquatics Center No instructor, lap swimming Locker room and warm water pool available for use. 	<p>Laughter Yoga</p> <ul style="list-style-type: none"> Tuesdays 11:00am –12:00 Noon Room: 302 Instructor: Dr. Sharmi Mentha Please sign up by August 25 in the senior center office. <p>Mahjong</p> <ul style="list-style-type: none"> Friday Time: 1:30pm Location: Multipurpose Room Instructor: Jean Chang <p>Beginners to Advanced players Welcome.</p> <p>Mini Cardio Exercise Class</p> <ul style="list-style-type: none"> Tuesday & Thursday Time: 8:45am - 9:15am Room: 302 Instructor: Roger Hixson <p>Piano Lessons</p> <ul style="list-style-type: none"> Thursdays Time: 2:00pm-4:00pm Room: Multipurpose Room Instructor: Freda Karsnak Fee: \$15.00 paid to instructor Call to schedule appointment 423-292-2711 <p>Quilting</p> <ul style="list-style-type: none"> Monday Time: 9:00am - 10:30am Location: Room 303 Instructor: John Plutchak <p>Renaissance Strings</p> <ul style="list-style-type: none"> Tuesday Time: 10:00am - 11:00am Location: Atrium Instructors: Mark Farmer <p>Rook</p> <ul style="list-style-type: none"> Tuesday 4:00pm Card Room (Bring snack to share) 	<p>SilverSneakers Classic</p> <ul style="list-style-type: none"> Monday, Wednesday & Friday Time: 8:15am - 9:00am Location: Gym Low Impact Aerobics Instructor: Terri Bowling <p>Strength Training</p> <ul style="list-style-type: none"> Monday, Wednesday & Friday Time: 10:15am - 11:00am Location: Gym Instructor: Terri Farthing <p>Strength Training</p> <ul style="list-style-type: none"> Tuesday, Thursday Time 9:30am - 10:30am Location: Gym Instructor: Kevin Lytle <p>Tai-Chi</p> <ul style="list-style-type: none"> Wednesday Time: 8:30am Location: Senior center, Room 310 Instructor: Hang Lei <p>Woodcarving</p> <ul style="list-style-type: none"> Thursdays Time: 9:00am - 12:00 noon Location: Room 303 Beginners welcome <p>Woodshop</p> <ul style="list-style-type: none"> Monday, Wednesday, Friday Time: 9:00am-2:00pm Location: Woodshop Volunteer Instructors Complete woodshop. Safety test Required, given 1st Monday of each month at 9 am. <p>Zumba</p> <ul style="list-style-type: none"> Tuesday and Thursday Time: 8:15am Location: Gym Instructor: Terri Bowling

FALL 2014 BRANCH SITE SCHEDULE

New class schedule begins September 2nd unless otherwise noted

Core Conditioning

- Monday and Wednesday
- Time: 9:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

Beginning Crochet (Begins Sept 10)

- Wednesday
- 6 week class
- 10:30-
- Instructor: Susan Egan
- Location: Lynn View Branch Site
- \$20.00
- Must be right handed, call for materials list. 765-9047

Intermediate Crochet (Begins Sept 10)

- Wednesday
- 6 week class
- Instructor: Susan Egan
- Location: Lynn View Branch site
- 11:30
- \$20.00
- Bring your own pattern

Beginning Drawing

- Monday
- Time: 10:00am - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Fee: \$25 Minimum 5 students
- Basic drawing class

Advanced Drawing

- Wednesday
- Time: 9:00am –11:00am
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club (Sept 8)
- Instructor: Lyna Faye McConnell

Line Dance - Intermediate

- Monday
- Time: 12:45pm –1:45pm
- Location: Boys/Girls Club (Sept 8)
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.

Advanced Yoga

- Tuesday and Thursday
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC Rec. Room
- Instructor: Tish Kashdan

Private Personal Training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Artist and Crafters Monthly Breakfast

- 2nd Wednesday *NOTE DATE CHANGE
- 9:30am
- Lynn View Branch Site
- Please call for reservation 765-9047

Yoga

- Tuesday and Thursday
- Time: 11:30am - 12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

SilverSneakers Muscular Strength and Range of Movement

- Monday and Wednesday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

Piloxing

- Tuesday
- Time: 9:30am
- Location: Colonial Heights Baptist Church (Sept 2)
- Instructor: Terri Bowling
- This class is a combination Pilates and kick boxing and is an intense workout.

Total Body Workout

- Monday and Wednesday
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor, Terri Bowling

Game Day

- 3rd Monday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

Pickleball

- Monday and Wednesday
- Time: 10:00pm - 12:00pm
- Lynn View Branch Site

Silver Sneakers Yoga

- Wednesday
- Time: 11:00am
- Location: Colonial Heights (Sept 3) Baptist Church
- Instructor: Darlene Taylor

Indoor Walking



- Monday - Friday
- Time: 9:00am - 12:00 noon
- Location: Colonial Heights Baptist Church walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

Silver Sneakers Yoga

Monday and Wednesday
Time: 11:00
Location: Lynn View Branch Site
Instructor: Chris Hicks

Artists Wanted

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information.
Cindy at 423 392-8402 or 423-765-9047.
Visit our website
www.kingsportseniorartisancenter.com
And like us on Facebook

<div data-bbox="110 475 681 615">  <p>Kingsport Adult Education</p> </div> <p>Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> <p>JOB SKILLS</p> <div data-bbox="124 1174 514 1442">  </div> <p><u>21ST CENTURY JOB SEEKING *NEW</u></p> <ul style="list-style-type: none"> • 8 weeks • Fee \$100 • Instructor: TBA • Wednesday 6:00pm - 8:00pm • Location: Computer Lab, Senior Center • Will cover, computer basics, job search skills, resumes, cover letters, common requirements and the interview <p><u>2008 National Electric Code (Commercial) Begins September 22</u></p> <ul style="list-style-type: none"> • 8 Weeks • Fee: \$75 • Monday 6:00pm - 8:00pm • Instructor: Chris Ferrell, Electrical Inspector • Location: Renaissance Center Cafeteria <p><u>2008 National Electric Code (Residential) Begins January 26</u></p> <ul style="list-style-type: none"> • 8 Weeks • Fee \$75 • Monday 6:00pm-8:00pm • Instructor: Chris Ferrell, Electrical Inspector • Location: Renaissance Center Cafeteria 	<p><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></p> <ul style="list-style-type: none"> • Part I • 10 Weeks • Fee: \$165 • Tuesday 6:00pm - 9:00pm • Instructor: Jim Dotson • Location: Multipurpose Room, Renaissance Center <p>There will be one more 10 week session following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students. Must pre-register.</p> <p><u>CULTURAL/ARTS/CRAFTS</u></p> <p><u>Card Making Workshop</u></p> <ul style="list-style-type: none"> • Instructor: TBA • Fee: \$10/includes materials • Location: Lynn View Community Center <p>You will make five cards and take materials home to make five additional cards.</p> <p><u>Beginning Chinese Class</u></p> <p>Wednesdays 11 classes 3:45 P.M. Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p>Wednesdays 11 classes 4:45 p.m. Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p><u>Intermediate Chinese Class</u></p> <p>Wednesdays 11 classes 5:15 P.M. Instructor: Jean Chang Fee: \$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p><u>HEALTH/EXERCISE</u></p> <p><u>Personal Training with Chris</u></p> <ul style="list-style-type: none"> • Instructor: Chris Hicks • Available by the hour or as package • Contact Chris (423-741-5643) 	<p><u>***Pound Fit</u></p> <ul style="list-style-type: none"> • 6 weeks • \$30 • Instructor: Darlene Taylor • Tuesdays 5:30 • Location: Renaissance Center Gym <p>Exciting new aerobic exercise class using pound drum sticks. Drum sticks will be available for purchase</p> <p><u>Zumba Fitness</u></p> <ul style="list-style-type: none"> • 6 weeks • \$25 fee per session • Thursday, 5:15pm • Instructor: Becky Mills • Location: Lynn View Community Center, Cafeteria <p><u>Piloxing</u></p> <ul style="list-style-type: none"> • Tuesday, 6:00pm • Instructor: Becky Mills • Limited to 15 participants • Location: Kingsport Renaissance Center • \$30.00 payable first night of class <p><u>DANCE CLASSES</u></p> <p><u>Beginning/Intermediate Line Dance</u></p> <ul style="list-style-type: none"> • 8 weeks class • Fee: \$25 • Instructor: Lyna Faye McConnell • Thursday, 6:30pm - 8:30pm • Location: Lynn View Community Center <p><u>Salsa Dance (Beginning Oct 14)</u></p> <ul style="list-style-type: none"> • 4 week class (8 classes) • Tuesday and Thursday • Time: 1:30pm • Room 302, Renaissance Center • Instructor: BJ Goliday • Fee: \$20 per person paid to instructor <p>* Call for starting dates where not listed.</p>
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Frequently Asked Questions about the Senior Center

Q: What does OTLB stand for?

A: OTLB stands for Out To Lunch Bunch. This just means the Senior Center will be taking a trip out to lunch for the day.

Q: Am I allowed to bring my grandchildren to the Senior Center?

A: No. The Senior Center is just for members 50 and older.

Q: I am 50 but my spouse is not. Can they join with me?

A: Yes. Your spouse may join as long as one of you is 50 years or older.

Q: When signing in on the computer, do I always need to sign in for attendance?

A: YES. Even if you just walk in the office to ask a question we need you to always sign in.

Q: Do I need a “new” Senior Center card each year I renew?

A: No. You can use the same card. Should your card get bent, you can bring it in the office and we will issue you another card. Should you misplace or lose your card, it will cost \$3.00 for another one.

Q: If I am a SilverSneaker member, do I still pay for my membership and newsletter?

A: Membership is free if you are a SilverSneaker member, however you will still need to pay \$6.00 yearly fee for the Newsletter.

Q: Can I bring a friend to the Senior Center?

A: Yes. As long as they are 50 years or older. They may visit up to 4 times before they are encouraged to join.

Q: I am a SilverSneakers member, Do I have to sign in for SilverSneaker attendance and regular attendance?

A: Yes. As a SilverSneakers member make sure you are signing in for both SilverSneaker and regular attendance. **THIS IS IMPORTANT!**

Q: Can I use the exercise room or participate in exercise classes without being a member of the Senior Center?

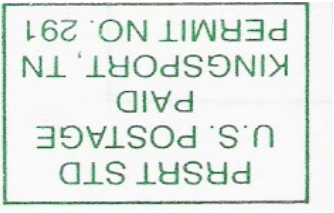
A: No. You must be a member and sign a liability waiver first. However, if it is an adult education class you do not need to be a member to attend the class.

Q: How many people may I sign up on a trip?

A: You can only sign up 2 people per trip.

Did You Know??

- 1. A man from India started planting trees when he was 16 years old. He is now 47 and lives in his own forest with Rhinos, Tigers and Elephants.**
- 2. 87% of people ask questions they already know the answer to.**
- 3. Cell phones are actually dirtier and contain more bacteria than public restroom toilet handles.**
- 4. Psychologist have found that whenever you're in a bad mood, you can feel better just by forcing yourself to smile.**
- 5. Dave Thomas, founder of Wendy's, went back to high school at the age of 60 to get his GED.**
- 6. 88% of people say they use their cell phones just to avoid others walking by them.**
- 7. Eating bananas is a natural cure to reduce the effects of stress and anxiety.**
- 8. A woman from Michigan gave birth on 10/10/10, 09/09/09 and 08/08/08. The chances of that are 50 million to one.**
- 9. "Come Together" was the last song all 4 of the Beatles made together.**
- 10. Former NFL quarterback Vince Young spent \$5K a week at The Cheesecake Factory.**
- 11. UPS was started by two teenagers with one bicycle and \$100 borrowed from a friend.**
- 12. If you drink enough fluids in the morning, you will feel happier, sharper and more energetic throughout the day.**
- 13. A cluster of bananas is called a "hand". A single banana is called a "finger".**
- 14. 30% of women in relationships believe Valentines Day is overrated.**
- 15. Forrest Gump is being made into a video game, where you run through his entire story.**



Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400

Christmas Party at Allandale

Tuesday, December 9

6:00p.m.-8:00p.m.

Allandale Mansion

Tickets: \$10.00

***Bring a gift under \$10.00 for
dirty Santa game!**

**Tickets go on sale
November 3.**

Christmas Lunch

Thursday, December 18

11:30a.m.-1:00p.m.

Gym

Cost: Bring a side dish

**Sign up begins
November 3.**